



NORTH CAROLINA'S POLICE OFFICER PHYSICAL ABILITY TEST

(POPAT)

1. Applicant is seat-belted in the driver's seat of vehicle with hands on steering wheel. He is given two (2) street names.
2. On instructor's command "Go" the timed event begins.
3. Applicant removes seatbelt and exits the vehicle.
4. Applicant runs 100 yards and returns 100 yards to the front passenger's side door of vehicle.
5. Applicant opens the vehicle door, removes seat-belted passenger from vehicle and drags subject 50 feet to staircase placing the subject on ground. (Body drag must be done walking backwards wheel grasping subject under both arms.)
6. Applicant will then scale and circle staircase 3 times, touching every step traveling up and down.
7. Applicant runs from staircase (25 feet) to and 50 pound weighted door.
8. Applicant pushes through the door using the entire side of body.
9. Once through the door, applicant will drop to the ground and perform 20 military style push-ups and sit-ups.
10. Applicant runs back to the staircase to scale and circle the staircase 3 times, touching every step traveling up and down.
11. Applicant runs from staircase (25 feet) to a culvert and crawl through the culvert.
12. Once out of the culvert, applicant will drop to the ground and perform 20 military style push-ups and sit-ups.
13. Applicant will then run 100 yards and return 100 yards to the passenger's side of vehicle where a subject is standing next to the vehicle.
14. Applicant will grasp and drag subject 50 feet to staircase, placing subject on ground.
15. Applicant must recite the two (2) street names provided at the beginning of the test precisely in the order they were given.
16. Time is stopped.

The test is to be completed in 7:20 or less to pass.



HIGH POINT POLICE DEPARTMENT PHYSICIAN STATEMENT FORM

I, _____, as a physician for

_____, a police applicant wishing to participate in the "Police Officer Physical Ability Test" sponsored by the High Point Police Department, do hereby state that the aforementioned individual can safely perform the physical ability test as described in the attached document, which I have reviewed.

Print/Type Name of Physician

Signature

Date



Physical Fitness Test Waiver Agreement

High Point Police Department

1009 Leonard Avenue

High Point, NC 27263

For and in consideration of my participating in the physical fitness test presented by and under the auspices of High Point Police Department Personnel Division, I agree to the following:

1. By signing below, I indicate that as a participant in this physical fitness test, I am 18 years of age or older.
2. I agree to comply with all the instructions and directions of the staff of the High Point Police Department regarding the physical fitness test.
3. If I am a full-time City of High Point employee I understand that this testing is not considered part of my normal or regularly assigned duties and is therefore not subject to worker's compensation coverage.
4. I hereby waive for myself, my heirs and assigns, any and all claims and demands of whatever nature against the City of High Point, its agents and employees, as may arise in any manner by reason of injury or damage to my person or property or both while I am observing or participating in the physical fitness test.

Participant's Name

Participant's Signature

Date

Witness

Police Officer Physical Abilities Test

Student Evaluation Form

STUDENT NAME	SS#	AGE	SEX	RACE	DATE

LEAD INSTRUCTOR	"VICTIM" (Name & Weight)	Agency / School

STREET NAMES: Instructors must create combination by selecting any two (2) of the following street names at random. **No other substitutes may be used. Circle those selected and READ ALOUD to student seconds before test begins.** Students must **NOT** be given time to memorize street names prior to the test. Different names are to be used for each student.

Main	Wade	West	Lincoln	Washington	Cherry
Oak	University	Federal	Broad	Elm	Pennsylvania
Cameron	Maple	Jones	Jefferson	Monroe	Montgomery

Pass / Fail	TASK	ELAPSED / SPLIT TIMES
_____	1. Exit vehicle and advance 200 yards on foot	
_____	2. Remove victim from vehicle and body drag 50 feet	
_____	3. Scale staircase (up & down) 3 times while touching all steps	
_____	4. Advance 25 feet to negotiate 50 pound "body force" door	
_____	5. Complete 20 push-ups & 20 sit-ups (in that order)	*Pushups_____ *Sit-ups_____
		(Time taken to perform each event)
_____	6. Return 25 feet to scale staircase (up & down) 3 times through while touching all steps	
_____	7. Advance 25 feet to 40 foot culvert and crawl completely Through using flashlight	
_____	8. Compete 20 push-ups & 20 sit-ups (in that order)	Push-ups_____ Sit-ups_____
		(Time taken to perform each event)
_____	9. Advance 200 yards on foot	
_____	10. Body drag standing victim 50 feet	
_____	11. Recite two (2) street names provided	TOTAL TIME _____ (7:20)
	Students who fail to recite the street names <u>precisely in the order they were given</u>, must advance on foot from stairs to original 100 yard orange cone or marker using the most direct route and return to stairs before instructors can stop time.	

SCHOOL DIRECTORS MUST MAINTAIN INDIVIDUAL COPIES OF ALL STUDENT POPAT RECORDS.
STUDENTS MUST COMPLETE EACH EVENT SUCCESSFULLY BEFORE MOVING ON TO THE NEXT EVENT.
STUDENTS MUST COMPLETE THE ENTIRE TEST, EVEN WHEN ELAPSED TIME GOES BEYOND 7:20.
FINAL SCORES MUST BE RECORDED FOR ALL PARTICIPANTS.